

SURVEY REPORT OF THE FOOD WAREHOUSE FACILITY

The Commodity Program had a survey of the Food Warehouse Facility done on 5-11-2005. We would like to share the survey report with you;

MW S & CNP: FDPIR 1 Little River Band
May 23,2005

Yvonne Theodore, Director
Commodity Program
Little River Band Of Ottawa Indians
375 River Street
Manistee, Michigan 49660

Dear Ms. Theodore:

This will acknowledge receipt of May 11, 2005 environmental health survey for the Little River Band Of Ottawa Indians Food Distribution Program. The review was conducted and prepared by Theresa Gallagher, Environmental Health Officer, Rhinelander I. H. S., District Officer.

In review of the survey we wish to commend your Program for the fine review. We do however ask that you pay close attention to the inspection schedule for all fire extinguishers, and document the certification tags. As always, we will review this and any subsequent reports during your upcoming Food Distribution Program management evaluation. If you have any questions, please feel free to contact me at (312) 353-1900.

Congratulations again on your recent review.

Sincerely,
Joseph Templin, Program Specialist
School and Community Nutrition Programs Section

Special Nutrition Program



Quick and easy drinks/snacks for kids

Blender Drink:
1 blender
ice cream
chocolate syrup
½ cup ice
1-2 cups of milk

Put the ice cream, ice and chocolate syrup in the blender.
The amount of chocolate syrup in depends on how chocolaty you like it.
Pour the milk in but don't make it too milky.
Blend until thick and creamy and drink.

YUM!!

Applesauce on a Stick:

½ cup unsweetened pineapple juice
3 medium apples unpeeled, cored and cut up
½ cup raisins
1 tablespoon sugar or to taste
Popsicle sticks

Process apples, juice, cinnamon and raisins in blender or food processor until smooth: add sugar to Taste. It will taste less sweet when frozen. Spoon into 3-4 ounces paper or plastic cups or frozen sucker molds. Place in freezer, when partially frozen, insert a stick in each cup and freeze.

Orange Frost Drink:

2 c. milk
1 c. water
1 c. ice cubes
3 table spoons sugar
6 oz. can frozen orange juice concentrated

combine all the ingredients in a blender, process until frosty and the ice cubes are chopped.
Delicious breakfast treat.

Quick Shake;

1 banana
1 cup of milk

Put in a blender and blend until smooth, put in a glass and drink.

The Commodity Program serves 13 counties: Benzie, Grand Traverse, Lake, Leelanau, Manistee, Mason, Muskegon, Newaygo, Oceana, Wexford, Osecola, Mecosta, Ottawa.

For more information call: 1-888-723-8288 ask for The Commodity Program
or 1-231-398-6715 Yvonne or 1-231-398-6716 George

!Poker Run!

The Motorcycle "Poker Run" is planned for the month of July,
Any persons interested in participating in the planning of their event are asked
to contact Don Stone
1-231-889-0665



Dealing with Stress

Everybody stresses out sometimes... With all you've got going on, sometimes might be an understatement. But too much stress – or not knowing how to handle it – is bad for your physical and mental health.

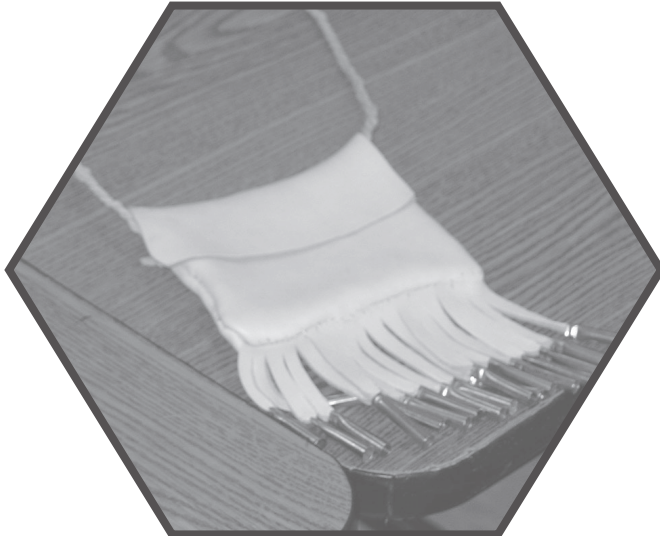
What you don't want to do is turn to tobacco, alcohol, or other drugs. These are not true remedies to stress and in the end, will just make things worse.

Some people mislead themselves into believing that drinking or smoking eases stress and helps to forget problems. But there is always going to be stress and there will always be obstacles for you to overcome. You can help yourself stay positive by learning how to manage your life – and by constructively dealing with whatever challenges comes along. – Smoking and drinking is a BAD idea.

Here are a few healthy ways to relieve stress

- Go for a walk or run. Physical activity is a great way to relieve stress;
- Spend some time alone doing something relaxing, like beading;
- Explore relaxation techniques. For example, try meditation or yoga;
- Take a deep breath. Pause and repeat as many times as you need;
- Call a friend or relative. Sometimes it helps just to talk to someone.

Making Medicine Pouches at Be-Da-Bin *Photos by Glenn Zaring*



FILL IN THE DRAWING!

